

Soldiers and Iraqi Police work together to help village

Story and Photo by
CAPT. JANET HERRICK
5th Mobile Public Affairs Detachment

AL SEQUOR, Iraq — A convoy rolled into the Al Sequor village, sitting in the shadows of Contingency Operating Base Speicher, for a mission of goodwill recently.

Soldiers from Headquarters Company and the Security Detachment of the 25th Special Troops Battalion, 25th Infantry Division conducted a joint mission with the local Iraqi Police taking donations to two elementary schools in the village providing supplies and gifts to more than 1,100 children.

The Soldiers and Iraqi police shared school supplies, soccer balls, goodie bags, and clothes from the staff sections and units of the 25th Infantry Division. They were able to share some of the comforts of home they received from family, friends, school teachers, and church members with the children of the closest village to where they work and live.

“My mother is a school teacher,” said Capt. Justine Dufault, Battalion Intelligence Officer. “She and other teachers at her school donated the supplies we took to the school. I am glad to assist the people back home in providing supplies and facilitate the partnership between a U.S. school and an Iraqi school.”

In addition to giving supplies and goodies to the children, key leaders of the unit met with the school principal and discussed their needs to improve the school.



Maj. John Henderson, battalion operations officer, 25th Special Troops Battalion, 25th Infantry Division meets school children in the Al Sequor village in Iraq while providing supplies and gifts to more than 1,100 children. The battalion has partnered with the Iraqi Police in providing security and assistance with the goal of making the village safer.

By helping the community, coalition forces gain situational awareness of the village.

“By helping them to improve their community and schools we can more positively influence them which in turn keeps

terrorists from influencing and strengthening their position in the area,” said Maj. John Henderson, battalion operations officer.

A positive attitude toward coalition forces in this village is essential to the de-

fense of COB Speicher and the units that operate here.

Coalition forces are already seeing the benefits of their coordination efforts. They have received information about suspi-

cious personnel conducting surveillance and asking questions about the types of patrols in the area. When the 25th STB receives this information, they alert their Iraqi Police partners. The battalion continues to work with and support the Iraqi Police, and encourages them to be the first responders.

“We feel like we are learning a lot more going outside the wire and getting more of an understanding of the community. It helps a lot in pulling security,” said Pfc. Keron Anthony Frazier, a security detachment driver.

The battalion has recently been working with the Iraqi Police in this village to eliminate the threat of improvised explosive devices in this area, but this is the first nonsecurity-related mission they have conducted. “This gives them more trust and confidence in us that we are not just going in and pulling out the bad guys. They know we are here to assist,” said Dufault.

The battalion plans to continue positive visits to the village to create allies with the teachers, Iraqi police, and the community. Not only will it make the security missions in their village easier, it will improve the security of the roads and entrance into COB Speicher where the battalion operates from.

“We care about what goes on in their village. Our key objective is to ensure the safety of COB Speicher by partnering with the Iraqi people that live nearest to the base,” said Henderson.

News Briefs

Send calendar announcements to
community@hawaiiarmyweekly.com.

5 / Monday

Advisory Council Meeting — The next Schofield Barracks Commissary/Post Exchange/Nehelani Advisory Council Meeting will be held Feb. 5, from 10:30–11:30 a.m. in the Main Post Conference Room.

This bimonthly meeting is a forum for representatives from those organizations and its patrons to share ideas and information. Call 655-0497 or 655-1252.

6 / Tuesday

AWG Recruiting — The Asymmetric Warfare Group (AWG) recruiting team will hold daily briefings in the Schofield Barracks Army Education Center, Room 223, Feb. 6–9, from 10–11 a.m.

Soldiers, E-5 and above, and officers, captain and above, are in-

vited to attend.

The AWG is a special missions unit that conducts continuous and simultaneous operations throughout the world to defeat specified asymmetric threats.

For more information on AWG, visit www.awg.army.mil.

Warrant Officers Wanted — A warrant officer recruiting team from Fort Knox will host a briefing for interested Soldiers on the qualifications and application procedures for becoming an Army Warrant Officer.

Briefings will be held in the Schofield Barracks Post Conference Room Feb. 6–8, at 10 a.m. and 1 p.m. Call Sgt. 1st Class Shelton, 655-0839, visit www.usarec.army.mil/warrant or e-mail thomas.skaggs@usarec.army.mil.

Troops to Teachers — The federally-funded Troops to Teachers program supports military members choosing teaching as their next career.

The program can provide hiring support and allows up to a \$10,000 bonus for teaching in

high-need schools.

Find out what it takes to become a teacher and how the TTT can benefit you. The program coordinator will be available from 11:30 a.m. to 1 p.m. at the Schofield Barracks Education Center the first Tuesday of each month.

Call 586-4054 or e-mail hawaii-ttt@notes.k12.hi.us.

7 / Wednesday

Town Hall Meeting — The next Oahu South Town hall meeting is scheduled for Wednesday, Feb. 7 at 6:30 p.m. in Aliamanu Military Reservation Chapel. Call 438-6147.

High-Tech Expo — The Technology and Industry Day will be held Feb. 7 at Fort Shafter's Hale Ikena, from 9 a.m.–1 p.m. The event will be held again Feb. 8, from 9 a.m.–1 p.m. at the Nehelani, Schofield Barracks.

All personnel are invited to see the newest in technological advancements at this free event. For a complete listing of the exhibitors and a description of products, visit www.fedpage.com.

Complimentary refreshments and a lunch buffet will be served.

15 / Thursday

Black History Presentation

— The 8th Theater Sustainment Command and the 25th Infantry Division Equal Opportunity will host an event to recognize the significant contributions of Black Americans Feb. 15, from 10–11:30 a.m. at the Sgt. Smith Theater, Schofield Barracks. Call Sgt. 1st Class Michael Alicea at 655-0053.

Special Forces — The U.S. Army Special Forces is now seeking male officer volunteers from year group 2004.

Officer packets will be accepted until Feb. 15, but early submission is strongly encouraged. For more information, visit www.bragg.army.mil/specialforces.

20 / Tuesday

Recruiting Recruiters — The U.S. Army Recruiting Command will host a briefing for interested Soldiers, specialists through sergeants first class, on the benefits, challenges and qualifications of recruiting duty.

Presentations will be held in the Schofield Barracks Post

Conference Room, Feb. 20 at 1:30 p.m. and Feb. 21 at 10 a.m. and 1:30 p.m.

Spouses are invited to attend this important presentation. Call Sgt. 1st Class Perez, (502) 626-0465.

GSA Closes for Inventory

— The GSA Customer Supply Center at Schofield Barracks will be closed Feb. 20–23 to take its annual inventory. The center will reopen Feb. 26.

In the interim, customers are reminded to make purchases at the Hickam Air Force Base GSA store. Call 655-0280.

22 / Thursday

National Prayer Luncheon

— The annual National Prayer Luncheon will be held Feb. 22 at 11:30 a.m. in the Nehelani on Schofield Barracks.

The theme of the luncheon is “Caring for God’s People in the Midst of Crisis.” The guest speak-

er will be Command Chaplain (Col.) Sonny Moore, U.S. Forces Command, Atlanta, Georgia.

Tickets will be available through unit ministry teams, command sergeants major or at the event. The suggested ticket donations are \$3 for Soldiers E-1 through E-5, and \$5 for all others. Call 656-1384 or 655-9355.

28 / Wednesday

Pre-retirement Orientation

— The semiannual pre-retirement orientation will be held Feb. 28, from 8 – 11:30 a.m. at the Schofield Barracks Post Conference Room.

This orientation will cover the benefits and privileges of military retirement. Invited personnel include Soldiers and their spouses with at least 18 years of active service. Representatives of federal, state and military staff offices will be available to answer questions. Call the Schofield Barracks Retirement Services Office at 655-1585/1514.

Sigma: Garrison green belts tackle projects

CONTINUED FROM A-1

tions have begun using the model to improve processes.

Roxanne Borthwick and Jae Sun Wilson, both plans specialists at DRM-PAID, completed their initial Green Belt training and started L6S projects in August.

Borthwick's project is the deployment demobilization process. She is working on the project's "define" phase to target a specific segment of the process to tighten the focus.

Wilson's project involves mapping the Transition Service Center Department of Defense Form (DD) 214 process. A DD-214 is an official form that records a service member's time in the military, awards and medals, and other pertinent information such as combat and overseas tours.

"I'm looking to standardize the process, reduce waste ... to eventually reduce cost and make the process faster," Wilson said. Currently, the process, which requires coordination with numerous other offices, takes two days on average to complete. Wilson's analysis may cut that time in half.

Upon completion of their projects, Borthwick and Wilson will become the garrison's first L6S certified "Green Belts." In addition, garrison is asking leaders for green belt candidate nominees. The Installation Management Command has given garrison seven green belt training slots in fiscal year 07.

Green Belts are midlevel specialists who lead garrison-level projects and are mentored or assist region level black belts, the

next higher level of the L6S hierarchy, who have experience managing hundreds of projects. A black belt is remotely similar to completing a master's degree or thesis program. The Army certifies Green Belt candidates after they attend a two-week course in Southbridge, Mass., complete a garrison L6S project, which usually takes three to six months, and have the project certified by a Black Belt.



Killian

Staff, G8, Business Transformation and Manpower Division, is also working on his Green Belt certification.

Steger's division is examining three projects: a Logistics Support Vessel (LSV) utilization study; a prompt payment project; and Central Issue Facility reimbursement collection project.

Each project involves analyzing the process and defining methodology to eliminate waste and reduce cycle time based on measurable data. For example, in the LSV study, although commercial barges can carry more equipment, it might not be the most cost effective means for transporting Army equipment between islands, Steger said.

"It's not just solving the problem today, it's about instituting a whole new methodology," Steger said. "We have a lot of good problem solvers. The problem is the solution

doesn't outlast them. With Lean Six Sigma, we're changing the method of what caused the problem in the first place."

Though garrison is beginning to implement L6S and the Department of the Army has more than a year's experience with the program, companies such as Toyota and even cities like Fort Wayne, Ind., have used L6S to reduce cycle time and improve efficiency.

For instance, in 2001, Fort Wayne's city government required 61 days on average to process building permits. Within four months of implementing the program, the average time to process a permit decreased to 30 days; four months later, a 12-day return was the norm. Two years later, most permits were routed in one day.

L6S 101

Like any new program, users must overcome the first hurdle of learning the jargon. Here are a few key terms, staff positions, and the correlating garrison personnel for the L6S program.

Champion — (Col. Howard Killian, commander, USAG-HI) An executive-level manager with responsibility for guiding L6S efforts.

Deployment Director — (Bryson Jhung, deputy commander, USAG-HI) Selects candidates for green belt and black belt training, assesses and selects projects for L6S application.

Deputy Deployment Director — (Nancy Ragusa, chief of DRM-PAID) Assists director with administrative aspects of L6S and

metrics of success.

Black Belt — (Tom Powers) Responsible for leading or coaching project teams. Normally, these employees work full time on L6S and have completed numerous smaller projects and large projects. One Black Belt usually services one region.

Green Belt/Yellow Belt/Team Member — From greatest amount of exposure to least, anyone in the organization who receives some level of awareness education or L6S skill training.

DMAIC — (Define, Measure, Analyze, Improve, Control) A problem-solving method that forces teams to: use data to identify true causes of problems, confirm the nature and extent of the problem, find solutions that evidence shows are linked to the causes, and establish procedures for maintaining solutions even after the project is done.

PowerSteering — The online project tracking system used by the Army.

"Overall," said Ragusa, "garrison employees should be aware of L6S, surface good ideas, best practices, and areas for improvement up through their chain of command so that trained L6S practioners can lead teams of subject matter experts to improve processes and commitment to the customer."

For more information, visit <https://www.us.army.mil/suite/page/2881441>.

(Editor's Note: Wikipedia.com and "What is Lean Six Sigma?" by Mike George, Dave Rowlands, and Bill Kastle, were sources for this article.)

Awards: Volunteers raise funds

CONTINUED FROM A-1

Eileen Grimes assisted with the design of the battalion mouse pads that were sold for the E Company fundraiser.

Jane Bristol received the Military Spouse Alii reward for the 8th Theater Sustainment Command. She served as the assistant battalion FRG leader.

Piper said, "Jane was a critical link between families, Soldiers and the deployed units of the 125th Finance Battalion."

Ryan closed the ceremony by offering appreciation to the volunteers.

"I must use this opportunity to say thank you from the bottom of my heart," he said. "It really does take the energy of the volunteer service to keep this Army going."

Other volunteer awardees included:

- Christina Carl – Combat Aviation Brigade
- Julie Eberhardt – Volunteer Ambassador, Combat Aviation Brigade
- Eileen Grimes – 3rd Brigade
- Angie Lemieux – 45th Sustainment Brigade

Schofield thanks warriors for two decades of service

Story and Photos by
JEREMY S. BUDDEMEIER
Assistant Editor

Three warriors left Schofield’s active duty ohana following a retirement ceremony held in their honor at the Nehelani Banquet and Conference Center, Jan. 25.

Those honored included: Master Sgt. Robert Berry, a facility manager, 29th Engineer Battalion; Sgt. 1st Class Willie Moore, safety noncommissioned officer, 29th Eng. Bn.; and Sgt. 1st Class Mohamed Hassan, dining facility manager, 2nd Battalion, 25th Aviation Regiment.

“All of us who’ve worn the uniform know it’s a life of service,” said Col. Stanley Tunstall, deputy commander, 8th Theater Sustainment Command.

Tunstall presented each of the three Soldiers with an award and a retirement certificate, and praised their families for bearing the hardships of military life.

“You can rejoice that you’ve left a legacy of accomplishments around the world,” he said, “and are leaving the Army stronger and better than it was before.”

Following Tunstall’s remarks, the Marine Corps Band, conducted by Gunnery Sgt. Robert Leal, played “Aloha Oe” and the “Army Song,” and sneaked in the “Marine Corps Hymn.”

“You gotta do it,” Leal said.

Then, the more than 60 guests in attendance spilled onto the Nehelani’s lanai to greet the retiring Soldiers and wish them well.

Though these three brothers-in-arms



Master Sgt. Robert Berry (front left) hugs a fellow Soldier as Sgt. 1st Class Mohamed Hassan (center) Sgt. 1st Class Willie Moore and his wife, Valerie greet a line of guests following the trio's retirement ceremony at Schofield Barracks Nehelani Banquet and Conference Center, Jan. 25.

will complete their Army careers on Oahu during the same month, each took a distinct path to arrive at this particular moment.



Moore

much he didn’t know.

“I had no idea what hors d’oeuvres were, I thought it was hors doh-u-vres,” Moore said pronouncing the French word as it appears in English. He then started carrying a notepad with him, writing down all the words he didn’t know.

Moore felt he learned how to be a leader by caring for his younger brother and sister. Since then, leadership has been in his blood. He enjoys relating to people on a personal level.

“The best relationships are when people are endeared to one another for one reason or another,” he said referring to the strong bonds he has made in the Army.

As a recruiter, Moore met his wife, Valerie, at the Military Entrance and Processing Station (MEPS) in Detroit. Now an Air Force technical sergeant information manager, Valerie was a travel officer when they met.

“I used to tell people, ‘He catches [the recruits], I fry ‘em,’” she said, referring to their distinct roles at MEPS.

The Moores intend to move back to either Atlanta or Detroit following

Sgt. 1st Class Willie Moore

After dropping out of high school at age 16 and living on the streets of Detroit for a while, Moore joined the Army in 1986.

Looking back, he marveled at how

Valerie’s retirement next year.

“My hope is that some people remember me – that they can say ‘He taught me this,’” Moore said after serving for 21 years. “If I did this for one or two people, I’ll be happy.”



Hassan

Sgt. 1st Class Mohamed Hassan

Born in Somalia, Mohamed Hassan joined the Army in 1987, though he refused to give his age when interviewed.

The biggest change

he noticed in his field in the past 20 years has been automation. He remembered having to hand-deliver orders for food to the Army warehouse; now the order process is electronic and prime vendors supply the food.

“It’s less labor intensive and there’s more variety, but it costs more money,” Hassan said as he rolled his fingers together. “There is always cost associated with change.”

Hassan felt the Army’s camaraderie was most helpful during his service. “It’s the biggest driving force in the military,” he said.

After he retires, Hassan intends to visit family in Europe and move back to San Antonio because the weather is familiar: “I grew up in Arabia,” he said.

Following the ceremony, a Soldier asked

Hassan what he was going to do.

“I don’t drink anymore, I don’t smoke, I don’t know what I’m gonna do,” he said, laughing.



Berry

Master Sgt. Robert Berry

Robert Berry began his Army career 26 years and two months ago loading ammunition as the number one man on a M101 split-trail howitzer. He mentioned

technology has dramatically changed field artillery since he enlisted.

Berry said his favorite part of serving for the past quarter century was being a drill sergeant.

“You’re trying to make civilians into somewhat of a Soldier. It’s like having a baby – you watch them grow in front of you.”

Though he never had any desire to be close to home while in the Army, he intends to move back to the Ft. Bragg, N.C. area after “acting like a tourist” and visiting the neighbor islands with friends.

Berry felt he will be remembered by his Soldiers as “hard but fair,” and has an interest in becoming a Reserve Officer Training Corp instructor.

“It might be difficult to find out [what he wants to do], but I know there’s something out there for me,” Berry said.

Safety: Amusing challenges test skills of participants

CONTINUED FROM A-1

Maxwell asked Brandenburg.

“I have a scar from a Honda 350,” replied Brandenburg, donning a helmet and saddling up on Maxwell’s BMW 1200RT.

Maxwell gave Brandenburg an example of how to be a safe passenger, demonstrating how the dynamics of a motorcycle completely change with the additional weight of another rider.

“I was impressed that he did not only the driving portion, [but] did the DUI portion, and ... also the motorcycle as a second rider,” said Houseberg. “He led by example today demonstrating for the Soldiers.”

Judging from the line and crowd of observers, the smaller drunk driving awareness course using golf carts and goggles designed to simulate vision while impaired by alcohol was the most popular of the three challenges.

“It was great!” said Sgt. Tracy E. Conner, 84th Engineer Battalion, after taking her turn in a golf cart. “It was real freaky with the glasses on ... It’s a good way to get the message across



Staff Sgt. Frog Davis, noncommissioned officer in charge and instructor for motorcycle safety at Wheeler Army Air Field awaits the next rider wanting to learn how to be a better motorcycle passenger. Knowing how to work with the operator means a safer and more enjoyable ride.

that you shouldn’t drink and drive.”

The motorcycle safety skills course, marked by a combination of painted lines and miniature green-and-red cones on the tarmac near Hangar 1020, was popu-

lar to both riders and observers. The Honolulu Police Department, supporting the event with ten motorcycle officers and their immaculate BMW police bikes, demonstrated their superb riding abilities

on the course, including some fast and tight cornering by two officers maneuvering within an area designed for one bike at a time.

Classes were available for entry-level motorcycles with zero experience, an intermediate course for those who need to brush up on their skills, and an experienced rider refresher course for riders who may not have ridden for some time.

For those who could demonstrate their riding ability, a check-out ride is all that’s required. All riders stationed at Schofield and Wheeler must undergo the local check ride.

Bikers returning from deployment are mandated to take a check ride as part of their reintegration plan to assure their safe riding skills. The course uses Army-owned Buell Blasts, motorcycles with special oversized case guards, to protect both the rider and the bike from harm when bikers-in-training lay them down, saving legs from road rash and thousands of dollars in damage repairs.

The three fire trucks and 11 firefighters from the Federal Fire Department provided the most graphic demonstration of the morning using extrication equipment to

remove a training mannequin from a wrecked auto. Firefighters used assorted hydraulic, gas and human-powered tools to pry, cut and saw open the car.

“Once we secure his neck and spine, we try to get access to the vehicle,” said Capt. Blaze Duarte, FFD Station 14, Wheeler Army Air Field. “We want to get the patient out of the vehicle as quickly as we could without further injury.”

Vendors at Safety Day passed out pamphlets and trinkets to remind motorists of other important issues, like the condition of tires, which Maxwell said is one of the most overlooked and vital pieces of equipment on a vehicle. Another booth was dedicated to child safety seats, including information about the latest standards, changes in Hawaii law, and manufacturer recalls.

Volunteers from the 2nd Battalion, 25th Aviation Brigade family readiness group flipped burgers, grilled dogs and provided other snacks for participants.

“We do this twice a year,” said Houseberg. “We’re hoping that everyone gets something out of this and walks away with a better feeling about how they can be safe.”

Donors: Soldiers and civilians save lives, one pint at a time

CONTINUED FROM A-1

only maintained by the dedication and commitment of volunteers.

The Armed Forces Blood Program (AFBP) now ships almost 1,000 units per week just to Iraq, according to Guy Harrigan, recruiter, Blood Donor Center.

“The average combat service support hospital uses about 100 units per day,” Harrigan explained. “Because of our ability to get blood downrange, service members are three times more likely to survive this [Iraq] war than in any other war we’ve engaged.”

Tripler recognized top contributors, individuals and units, during its 3rd annual Blood Donor Recognition Ceremony, a celebration of both giving and January’s National Volunteer Blood Donor Month, during a formal observance at the Hale Koa Hotel, Jan. 26.

The commanding general of the Pacific

Regional Medical Command, Maj. Gen. Carla G. Hawley-Bowland, presented awards to contributors in four categories: Apheresis (a one-hour process that allows collection of platelets from the blood), Whole Blood, Community Organizations, and Units.

The Army’s 5-14th Cavalry Regiment and its 2nd Stryker Brigade Combat Team, both units based at Schofield Barracks, each received one of the Unit Awards.

Spc. Matthew Pivovar was honored as Tripler’s “Phlebotomist of the Year” (best medic who draws blood) and Bernice Oshita as an extraordinary Red Cross volunteer.

“The collection and storage of blood is our mission at Tripler ... and we are unable



Craighead



Frazier



Logan



Oshita



Parker

Army Individual Awardees

Sgt. Warren Frazier, 7 donations
Sgt. Christopher Logan, 7
Rosemarie Parker, 7
Sherry Pico, 7
Spc. Christopher Craighead, 5
Spc. Matthew Pivovar, 5
Bernice Oshita, extraordinary volunteer

to complete our mission without the use of your spleens, livers and bone marrows that produce those products,” said Hawley-Bowland when expressing heartfelt appreciation for all volunteers.

Blood drives are regularly scheduled on all Oahu’s military installations. They are “the backbone” of the local AFBP, said McDonald, who added he hopes still more volunteers will give in 2007, to ensure continued mission success.

Other Army Individual Awardees

(Not available/deployed)
Spc. James Cain, 9 donations
Spc. Andrew Harris, 9
Maj. Mark Smith, 6
1st Lt. Bryan P. Nowak, 5

Community & Unit Awardees

All-Enlisted Spouses Club
Post Exchange, Schofield Barracks
Tropics, Schofield Barracks
Hale Koa Hotel
5-14th Cavalry Regiment
2nd Stryker Brigade Combat Team
C Company, Tripler Army Medical Center
University of Hawaii Army ROTC

Harrigan stressed that anyone wanting to donate blood or organize a collection at his or her workplace can call 433-6699 or visit www.militarylifeforce.com.

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www.25id.army.mil/haw.asp

"When work is finished."

FRIDAY, FEBRUARY 2, 2007

FOOTBALL

Bash at AHR

Keiki get pointers from local pros

Story and Photos by
JEREMY S. BUDDEMEIER
Assistant Editor

ALIAMANU MILITARY RESERVATION — On Saturday morning, children from all over the island woke up and played football with some of the biggest names in professional and college football.

However, this weekend their interaction wasn't through a video game.

As part of the 2nd annual Army Hawaii Football Bash Clinic, more than 400 kids funneled into the fields at Aliamanu Military Reservation to improve their skills and learn techniques from some of the island's most renowned football players.

Current and former NFL players like Vince Manuwai (Jacksonville Jaguars) Ma'a Tanuvasa (Denver Broncos), Chris Fuamatu-Ma'a'afala (Pittsburgh Steelers and Jacksonville Jaguars), Joe Carreia (San Francisco 49ers), University of Hawaii receivers Davone Bess and Ryan Grice-Mullen, and Cal Lee, one of the nation's most successful high school coaches, led kids through various drills and provided an array of positive feedback.

"[The clinic] just keeps getting bigger and better each year," said Brendyn Agbayani, the program lead for Army Hawaii's youth sports and fitness. Last year, the clinic hosted 100 adolescents. This year, that number quadrupled.

And although the program received a larger NFL grant last year, Agbayani and company made up the difference by attracting more sponsors, which numbered 30 this year compared with nine the previous year. Sponsors contributed everything from jerseys to goodie bags; Army Hawaii Family Housing alone contributed \$4,000 Agbayani said.

Agbayani pointed to a greater number of sponsors and better advertising as reasons for the clinic's surge in popularity.

The clinic was split into morning and afternoon sessions. In the morning, children ages 8-12 rotated every 20 minutes through eight position stations such as running back, quarterback and receiver. In the afternoon, players coached teenagers on specialized skills in their positions, culminating in a full-fledged flag football scrimmage.

As kids raced around cones and leapt for passes under the cloudless sky, watchful parents vied for scant bits of shade under tents, umbrellas and the occasional tree.

"It's such a positive experience for the kids," said Christine Carr, an administrative systems technician and park ranger at the USS Arizona Memorial. Carr is also the family readiness group leader for her husband

This year the Army's Child and Youth Services received a \$1,000 grant from the National Football League to bolster CYS' sports program. The money will be used to fund current youth sports programs, send sports staff to training on the mainland, in addition to last weekend's Football Bash.

According to the NFL website, \$15 million in grants have been awarded since 1998.

Currently, the program encourages involvement through "Smart Start," which seeks to teach basic skills such as throwing, kicking and catching to children ages 4-7 at youth centers and child development centers on Fort Shafter, Schofield Barracks, Helemano and Aliamanu military reservations.

The program's philosophy seeks to maximize fun, limit standing around and to ensure everyone plays.

Learn more at:
www.nflyouthfootball.com

band Joshua's unit, the 2nd Battalion 27th Infantry Regiment. Her son, Corey Allen, 12, attended the clinic for his second year.

Carr was impressed the players and coaches encouraged not only football fundamentals but life fundamentals, like advising kids to stay out of trouble and to do well in school.

"They really pumped my son up," she said. "He lives, breathes and eats football."

Another parent, Cynthia Piatt brought her children, Jessica, 11, and Joshua, 9, to the clinic. Jessica was one of eight girls who attended the morning session. Joshua brought a Pittsburgh Steelers football to have it signed by Chris Fuamatu-Ma'a'afala, and intends to send it to his father, Col. Walt Piatt, who is deployed with the 25th Infantry Division's G-3.



Jonas Vaovasa, 10, throws a pass to a teammate as coach Lon Lebato (left) supervises at the quarterback station during the 2nd annual Army Hawaii Football Bash clinic, Saturday.

Cynthia Piatt praised the clinic's organization and said it gave the kids something for which to aspire.

"Josh wants to play for the Steelers," she said, but conceded that her husband being from Somerset, Penn. might have something to do with her son's choice of teams.

Wendy Oliva, whose husband Alex is a fueler with 2nd Squadron, 6th Cavalry Regiment, echoed similar sentiments about her son, Nick, age 12.

"His biggest goal in life is to be an NFL defensive lineman," she said.

Professional aspirations aside, the main focus for the clinic seemed to be fun; although it was unclear which group enjoyed the clinic more, the players or the kids.

"Hey Ry, his routes look better than yours," Davone Bess shouted to fellow UH receiver Ryan Grice-Mullen about one child's performance.

Coaches at other stations pumped kids up by having everyone shout "Quarterbacks" or "Receivers" in



Coach Lon Lebato simulates snapping the ball to Steven Chapman at the quarterback station during the 2nd annual Army Hawaii Football Bash clinic, Saturday.

a group huddle before proceeding to the next station.

"It's about giving back to the community," said Grice-Mullen. "Like Vince Manuwai ... giving us advice. It's the same thing we're trying to do with the kids - that leadership role. We can sit back and talk with [Manuwai] and that gets us motivated."

Bess built on Grice-Mullen's comments: "Teachin' them the fundamentals," he said, "... gives us a chance to re-evaluate our skills. You never can get enough fundamentals."

"It feels so good," said Ma'a Tanuvasa, who played on two Denver Broncos Super Bowl championship teams with John Elway in 1998 and 1999. "Especially with the younger kids, to see them smiling and having fun."

Tanuvasa had the opportunity to bring one of the biggest smiles of the day to Austen Kiehn's face. Kiehn, whose muscular dystrophy confines him to a wheelchair, chose to meet Tanuvasa as part of the Make-A-Wish Foundation.

"It was my honor, my privilege ... to be one of his favorite players from his favorite team," Tanuvasa said.

Following each session, various prizes were given away. When master of ceremonies Bill Baker announced the jerseys and autographed footballs would be given away, a ripple of low "oohhhs" coursed through the audience.

Though not every participant left with an NFL jersey, all received attention and positive feedback from football players they admired.

"I'm gonna be seein' you on the big screen someday," Lee Seleni, a former linebacker for Hawaii's arena football "Hammerheads," told one youngster.



San Francisco 49ers outside linebacker Joe Correia (center with hat) and Lee Seleni, a former linebacker for Hawaii's arena football "Hammerheads," (right) motivate children ages 8-12 in a huddle during the 2nd annual Army Hawaii Football Bash clinic, Saturday. More than 400 children participated in the clinic.



3 / Saturday

Keiki Valentine Craft Party — Kids of all ages are invited to enjoy fun Valentine craft projects and games at the Schofield Barracks Tropics, Feb. 3, 1–3 p.m. Cost is \$4 per child. Call 655-0112.

9 / Friday

Mongolian Barbecue — Enjoy a popular favorite, Mongolian barbecue, Feb. 9, from 5–8 p.m. at the Nehelani on Schofield Barracks.
Select from a large variety of meats and vegetables and have them grilled to your liking. Seating will be available in the KoleKole Bar & Grill.
Cost is 65 cents per ounce, and reservations are recommended. Call 655-4466.

12 / Monday

Hoomaluhia Botanical Garden Walking Trip — Guests are invited to explore Hoomaluhia Botanical Garden, Feb. 12, from 10 a.m.-12:30 p.m. Come enjoy the amazing network of trails, 400 acres of endangered and rare plants and a 32-acre lake. Blue Star Card Holders can register for transportation by calling 655-0112.

13 / Tuesday

Gung Hei Fat Choy — Celebrate the Chinese New Year and usher in the year of the pig by watching a puppet show and making dragon crafts. Events will be held Feb. 13 at the Fort Shafter Library (438-9521); Feb. 14 at the Sgt. Yano Library on Schofield Barracks (655-8002); and Feb. 15 at the Aliamanu Military Reservation (AMR) Library (833-4851). All performances will start at 3 p.m. and the program is open to children of all ages.

14 / Wednesday

Oogles-N-Googles — The Sgt. Yano Library and Oogles-N-Googles present Heart of America, Feb. 14, at 10 a.m. This program provides children ages 3–5 an exciting adventure of jumping, dancing, singing, laughing and learning. Call 655-8002.

Valentine's Day Special — Celebrate Valentine's Day with a special dinner at the Schofield Barracks Nehelani. Look for more details to come. Call 655-4466.



2 / Today

Lights Out — Wheeler Army Air Field and East Range is scheduled for an electrical outage Feb. 2, from midnight until approximately 4 a.m. for the Hawaiian Electric Company to perform repairs and maintenance on the substation. Call 656-2682, extension 1122.

3 / Saturday

Bourbon Street Basket Bash — The Hui O' Na Wahine will be conducting its annual basket auction. This year's Mardi Gras-themed basket auction will take place at the Leilehua Golf Course, Feb. 3, from 7–10 p.m.
This fundraising event will be held to support the community with scholarships to college students and welfare grants to local organizations.
Prizes to be given away include a three-day stay at the Hale Koa in Waikiki plus a prize package that includes airfare to the Big Island and accommodations at Kilauea Military Camp.
Cost is \$10 per ticket or \$12 at the event. To purchase tickets or donate a basket, call Karen Barker at 206-8041.

B.E.A.C.H Cleanup — The Beach Environmental Awareness Campaign Hawaii (B.E.A.C.H.) is hosting a beach cleanup Feb. 3, from 3–5 p.m. Individuals and groups are invited to help clear marine debris at Makapu'u Beach across from Sea Life Park. Bags, gloves, and water will be provided to all participants. A prize drawing will be held after the clean up.
To register, call 554-2902 or 393-2168.

PAM Needs You — The Pacific Aviation Museum-Pearl Harbor will host a volunteer and docent meeting Feb. 3 at 4 p.m. at the museum on Ford Island.
Be a part of the team that brings Hawaii's aviation history, patriotism and valor to life in the original World War II hangars.
To register, call 441-1012 or 690-0169 or visit kt@pacificaviationmuseum.org.

New Year Celebration — Celebrate the Chinese New Year and Portuguese Malassada



Jeremy S. Buddemeier | U.S. Army Garrison, Hawaii, Public Affairs

Tree's company

Heavy winds gusting up to 70 mph caused a branch from an Albizia tree near Schofield Barracks' Headquarters Building to fall, Monday. The branch received a cushioned landing care of one employee's Jeep. However, the uninvited "passenger" still won't qualify the employee for the HOV lane.

Ongoing

Newcomers' Hoike — New to Hawaii? Come join the fun at the Army Community Service (ACS) weekly orientation workshop. Learn about community resources and Hawaiian culture.

Workshops are held every Tuesday, from 8:15 a.m.-2:30 p.m. at the Schofield ACS. Free child care will be provided for children enrolled in Child and Youth Services. Call 655-5314 to register for child care and 655-4227 to register for the workshop.

Video Messenger — Deploying Soldiers are invited to participate in the "Read to the Kids" pre-deployment program at Sgt. Yano

Library on Schofield Barracks. DVD or VHS recordings will be made of Soldiers reading their child's favorite stories.

This video messenger can also be used to record birthday, anniversary and holiday messages. Call 655-8002.

SKIES Unlimited — Music Lady School of Music is offering classes in piano, vocal training, flute, recorder and violin for budding musicians through Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) Unlimited.

Classes are available at the Schofield Barracks and AMR youth centers. Private lessons are \$95 per month and group lessons are \$55 per month. Call 655-9818.

This lively incarnation of song, dance and shadow puppets is based on the Roald Dahl story of a mistreated orphan whose life changes the day a giant peach appears in his garden.

Tickets are available at the Hawaii Theatre Box Office, 1130 Bethel Street, for \$12 for adults, and \$9 for students, seniors and military. Tickets may be purchased electronically by calling 528-0506 or visiting www.hawaiitheatre.com.

Sea-duction Dinner — The Waikiki Aquarium invites loving couples to enjoy a unique and romantic tryst at its annual "Sea-duction Valentine's Day Dinner," Feb. 14.

The private, candlelit dinner for two will feature champagne, a three-course dinner with wine, a commemorative photo, a single rose for all the ladies and valet parking. Doors will open at 6:30 p.m. and dinner will be served at 7 p.m. The cost will be \$300 per couple, with all proceeds benefiting the Waikiki Aquarium's future Northwestern Hawaiian Islands exhibit.
Call 923-9741, extension 3.

15 / Thursday

Vein Drain — The 2nd Brigade will host the monthly Schofield Barracks unit blood drive Feb. 15 in the Kaala Recreation Center, Room 101.

The Tripler Blood Donor Center conducts a blood drive the third Thursday of each month, with different units hosting, and the last Tuesday of each month at Tropics. Upcoming drive dates are Feb. 27, March 15 and March 27.
For dates and locations of additional blood drives, or to schedule a donation at Tripler, visit www.militarylifeorce.com or call 433-6699.

17 / Saturday

Pig Business at Pearlridge — Help welcome in the Chinese New Year in Pearlridge Mall. The year of the pig will be ushered in with an ancient Chinese lion dance Feb. 17, starting at 10:30 a.m. in the uptown center court.

18 / Sunday

March of the Lions — The Aloha Stadium Swap Meet will welcome the Chinese New Year with a performance by the Asia Arts Organization.

Three lions will welcome the year of the pig Feb. 18. The opening ceremony will begin at 9 a.m. at the main entrance in parking section 4-E. Visit www.alohastadium-swapmeet.net or call 486-6704.

Arts and Crafts Center — Need a gift fast? Stop by the Arts and Crafts Center and choose from a variety of island crafts, including mirrors, baskets, woodcrafts and more. Call 655-6330 at Schofield Barracks or 438-1315 at Fort Shafter.

DoD Employees — Don't have the time to take your auto in for an oil change, tire rotation or balancing? The staff at the Auto Craft Shop can complete these jobs and many other services during regular workdays. Call 655-2271.

Sunday Brunch — Experience a delightful meal featuring popular brunch menu favorites at the Kolekole Bar & Grill, Schofield Barracks, from 10 a.m.-2 p.m., or at Fort Shafter's Hale Ikena from 10 a.m.-1 p.m.
Cost varies by location and children's pricing is available. Call Hale Ikena at 438-1947 or the Nehelani at 655-4466.

Homeschool Support Group — Home-schooled students are invited to join bi-weekly group meetings for special activities, including arts and crafts, field trips, science experiments, computer classes and more.

Call 655-8326 for a copy of the current calendar or for registration information.

Nueva en la Biblioteca — The Sgt. Yano Library on Schofield Barracks now has a collection of books and videocassettes in Spanish. Books are available for children of all ages along with a wide selection of adult fiction. Call 655-0145.

Mystery Shopper Program — Volunteers are needed for the Mystery Shopper Program. Volunteers will shop anonymously at various MWR facilities or activities and provide feedback or identify employees who provide legendary service.

Approximately three hours may be required for each assignment, and shoppers will be provided with any required spending money. Call 656-0078.

MWR Happenings — To find out more information about MWR activities, programs and facilities, pick-up a copy of the "Discovery" magazine available at the Schofield Barracks commissary, Fort Shafter post exchange, Aliamanu shoppette, Tripler mauka entrance, or any MWR facility.
Visit the MWR Web site at www.mwramy.hawaii.com.

Job Search — Visit, browse and apply for federal jobs that are available in Hawaii at www.nafjobs.com

Ongoing

Summer Art Festival — Visual artists are invited to apply for the tenth Annual Haleiwa Arts Festival Summer Event, held July 21-22 in the Haleiwa Beach Park. Artists will be selected by jury to exhibit and sell their artwork and demonstrate their artistic styles and techniques during this two-day fine arts and crafts festival. Original and limited edition works of fine art in all media will be considered.
The deadline to submit an application is Mar. 24. Guidelines, applications and additional information are available at: www.HaleiwaArtsFestival.org.

Keiki Tuesday — Kid-friendly entertainers including Chris da Clown, Aloha Clowns, Paradise Jugglers and Families for R.E.A.L. will delight the whole family at free celebrations every Tuesday from 10:30 a.m. to noon in the Pearlridge Mall uptown center court. Bring the children for crafts, balloons, storytelling, face-painting, silly songs and more! Uptown Center Court.

School-age children are invited to join the fun from 6-8 p.m. Lego Town will be the order of business Feb. 6, and the Balloon Monsoon will be held Feb. 13.

Military Spouses Scholarship — The National Military Family Association (NMFA) in partnership with the Military Channel invites military spouses to apply for the Joanne Holbrook Patton Military Spouse Scholarship Program.

The scholarships are available to military spouses of any branch who want to train for professional certifications or to attend post-secondary or graduate school and range from \$500 to \$1,000 and may be used for tuition, fees, room and board. Applications will be accepted through March 15. Visit www.nmfa.org/scholarship.

MDA Volunteers Needed — The Muscular Dystrophy Association (MDA) has begun its search for summer camp volunteers. Volunteer counselors are needed to help young people with neuromuscular diseases enjoy a fun-filled MDA summer camp June 8-15 at YMCA Camp H.R. Erdman on the North Shore.

Volunteer counselors must be at least age 16 and able to lift and care for a young person between age 6 and 21.

For an application, call the Honolulu MDA office at 593-4454 or 800- 572-1717.

SEE COMMUNITY CALENDAR, B-3



Aliamanu (AMR) Chapel, 836-4599

- Catholic Sunday, 8:30 a.m. — Mass Sunday, 9:45 a.m. — Religious Education (Sept.-May only)
- Gospel Sunday, 11 a.m. — Sunday School (Sept.-June only) Sunday, 12:30 p.m. — Worship service
- Protestant Sundays, 9:45 a.m. — Worship Service Sunday, 11 a.m. — Sunday School (Sept. — June only)

Fort DeRussy Chapel, 836-4599

- Catholic Saturday, 5 p.m.—Mass in Chapel (May–Aug.) Saturday, 6 p.m.—Mass on Beach
- Protestant Sunday, 9 a.m. — Worship Service

Fort Shafter Chapel, 836-4599

- Contemporary Protestant Sunday, 9 a.m.—"The Wave" Worship

Helemano (HMR) Chapel

- Contemporary Protestant Sunday, 10 a.m. — Worship Service & Children's Church

***Main Post Chapel, 655-9307**

- * *(Note: During renovation, services normally held in the sanctuary will take place at the Wheeler Chapel.)*
- Catholic Sunday, 9 a.m.—CCD & RCIA Collective Protestant Sunday, 10:30 a.m. — Sunday School
- Gospel Sunday, 10:30 a.m. — Sunday School

MPC Annex, Building 791

- Chalice Circle Tuesday, 7 p.m.
- Islamic Prayers and Study Friday, 1 p.m.
- Buddhist 4th Sunday, 1 p.m.

Soldiers Chapel

- Catholic Friday–Saturday, 12p.m. — Adoration (24 hours)
- Protestant Sunday, 9:30 a.m. — Worship Service

Tripler AMC Chapel, 433-5727

- Catholic Sunday, 11 a.m.—Mass Monday – Friday, 12 p.m.—Mass Saturday, 5 p.m.—Mass
- Protestant Sunday, 9 a.m. — Worship Service

Wheeler Chapel

- Catholic Saturday, 5 p.m.—Mass Sunday, 10:30 a.m.—Mass
- Collective Protestant Sunday, 9 a.m. — Worship Service
- Gospel Sunday, Noon — Worship Service



Rocky Balboa

(PG)
Friday, 7 p.m.
Wednesday, 7 p.m.



Apocalypto

(R)
Saturday, 7 p.m.
Thursday, 7 p.m.



The Good Shepard

(R)
Sunday, 7 p.m.

The theater is closed Monday & Tuesday.

Worship schedules altered

UNIT MINISTRIES TEAM
News Release

The Schofield Barracks Main Post Chapel is currently undergoing renovation and will conduct services on an alternate schedule for approximately six months.

All services currently held in the Main Post Chapel, including memorial ceremonies, will be moved to the Wheeler Army Air Field Chapel at the regularly scheduled times.

Child care will continue at the Peterson Child Development Center, and hours will be extended to allow for travel time.

The Wheeler Army Air Field Chapel schedule will change as follows:

- Saturday
4:30 p.m. – Confession
5 p.m. – Mass
- Sunday
9 a.m. – Protestant service
10:30 a.m. – Mass
Noon – Gospel service
- Monday / Wednesday
11:30 a.m. – Mass

There will be no change to the existing religious education schedule or programs.

All weekday events usually held in the Main Post Chapel sanctuary may be relocated to Building 790, Room D-9 or Building 791, Room 212.

Call Chaplain (Lt. Col.) Joel Lytle at 655-6643 or 655-9307.

(Editor's Note: The updated religious programming schedule can be found on B-2.)



Proper child car seat installation saves lives

**TRIPLER ARMY MEDICAL CENTER
PUBLIC AFFAIRS**
News Release

By failing to properly install a safety seat, family members might be endangering their children.

“The worst consequences of an improperly installed seat include death, permanent brain injury and permanent spinal cord damage. If the seat is installed correctly, it will maximize the child’s chances of minimal injuries if the vehicle were to be in a collision,” said Carol Moreno, Tripler Pediatric Clinical Nurse Specialist.

According to Moreno, at Hawaii community car seat inspection events, it is found that more than 90 percent of baby car seats are installed incorrectly.

If family members are uncertain of the correct installation techniques, they can have their car seat inspected at designated inspection stations.

The Safety Office at Kaneohe Marine Corps Base and Tripler Army Medical Center are the only two military inspection stations on Oahu.

“I was surprised to find out during one of my informational tours that Tripler offered this service,” said new mother Cynthia Hall. “We didn’t know there were people who are actually trained to install baby car seats.”

On many military installations, the military police are designated as inspection stations, but not in Hawaii.



Mark Jackson | Tripler Army Medical Center Public Affairs

Expecting mother, Cynthia Hall (left), listens as Carol Moreno, pediatric clinical nurse specialist, Tripler Army Medical Center, explains baby car seat installation instructions as husband, Kendrick Hall, looks on.

Tripler is only the second Army medical treatment facility in the U.S. that is recognized as an inspection station.

“With the leveling of the seat and proper tightening of the straps, it would have been frustrating to properly install

the seat on our own,” Hall said. “Carol Moreno was very knowledgeable and patient in assisting us during the installation. We are grateful for her expertise.”

Locally, families can call 433-9226 to arrange an appointment to get their seat

checked. Parents are also encouraged to call Carol Moreno directly with any questions at 433-6434.

More information is available at www.seatcheck.org or by calling 1-866-SEATCHECK (732-8242).

Community Calendar

From B-2

Visit www.mda.org/clinics/camp or www.groups.yahoo.com/group/mdahawaii.

Wives of the Warriors — The Military Council of Catholic Women (MCCW) at Aliamanu Military Reservation (AMR) chapel meets each Thursday at 9:15 a.m. in the chapel for its fall Bible study, “Wives of the Warriors.” The focus of this Bible study is learning to live confidently

in Christ as a military spouse. On-site child care will be provided for STACC-registered children at least 9 months of age. Nursing babies are welcome; however, RSVP for child care.

Call 836-4599 or e-mail MCCWHawaii@yahoo.com.

Torch Lighting and Hula Show — Enjoy free nightly performances (weather permitting), 6:30–7:30 p.m. at the Kuhio Beach Hula Mound, near the Duke Kahanamoku statue in Waikiki.

This show features a torch-lighting and conch shell ceremony, authentic local music and dancing by some of the island’s finest halau (troupes). Call 843-8002.

Protestant Women of the Chapel — A place to find laughter, a place to find hope, a place to find friends, a place to find your faith. PWOC a place for you. Join us for our Spring Session every Tuesday through May 15th. We meet at the Main Post Chapel from 9:00 to 11:30 a.m. Free on-site child care is available by reservation. Call 206-8504.

Classical Singers — Hawaii Vocal Arts Ensemble, Hawaii’s premiere chamber chorus, is looking for experienced voices to join them for their 15th anniversary season. Classical singers with strong music skills; clear, flexible voices; and the commitment to

making beautiful choral music at the highest professional level are wanted.

Auditions will be held by appointment only. Call 261-6495 or e-mail maestrotim@aol.com.

Community Calendar Briefs — Do you have announcements of upcoming events, sports or activities that you would like to post in the Hawaii Army Weekly? If so, e-mail your information to community@hawaiiarmyweekly.com at least two weeks in advance of your event or activity.

SAT/ACT Prep — Military families can receive the Scholastic Aptitude Test (SAT) /American

College Testing (ACT) Power Prep DVD/CD-Rom training programs to prepare for taking the actual exams. This program is available in either a single DVD or two CD-ROM set that includes more than 11 hours of training video and 25-40 hours of student participation. The program is valued at \$200, which will be subsidized 100 percent by the Victory Sports Group. Military families pay only the \$9.95 shipping and handling charge. Customers may visit www.militaryhomefront.dod.mil to confirm military status, then go to the order page to request programs. Call 655-9818.



3 / Saturday
Ladies Golf Clinic — Ladies, sharpen those golfing skills at a free golf clinic. The clinic will be held Feb. 3 at the Leilehua Golf Course.

This clinic will last for one hour and will begin promptly at 2:20 p.m. All required equipment will be provided and advance reservations are recommended. Call 655-4653.

4 / Sunday
Super Bowl Party — Come enjoy a Super Bowl party at the Schofield BarracksTropics, Feb. 4. Enjoy the game on the big screen television, enjoy great food from the “all-you-can-eat-buffet” and enter to win Pro Bowl Tickets. Call 655-0002.

Super Brunch Sunday — Experience a delightful meal featuring popular brunch menu favorites

at the Schofield Barracks Kolekole Bar & Grill. Then stay to enjoy pupus, watch the Super Bowl, and have a chance to win prizes. The brunch begins at 10 a.m. For reservations, call 655-4466.

Bowling Tournament — A “5 Game, No Tap” tournament will be held at the Schofield Bowling Center, Feb. 4. Check-in will be at 1 p.m., and the cost is \$20 per bowler. Call 655-0573.

6 / Tuesday
Pro Bowl Players at AMR — Meet and greet the cheerleaders and mascots of the National Football League, as well as a special guest. Join the fun Feb. 6, from 4-6 p.m. at the Aliamanu Military Reservation (AMR) gymnasium and have a chance to win great prizes!

Youth Wrestling Team — Feb. 6 is the last day to register for the USA Wrestling Team. Youth born between 1987-2001 are eligible to participate.
Cost is \$20 per person, plus a \$30 USA Wrestling Team fee. Registration will be held at the Bennett Youth Center on Schofield Barracks. Call 655-6465.



Send community announcements to community@hawaiiarmyweekly.com.

9 / Friday
HTMC Hike — Join the Hawaiian Trail & Mountain Club for its Oahu hike Feb. 3 to Waimano Pool.

Hikers will meander up Manana trail until it takes a steep drop to a pool. This is a three-mile novice hike.

A \$2 donation is requested from all non-members. Visit www.htmc.

org for a current hike schedule.

Big Toys for Big Boys — The Hawaii Big Boy’s Expo will feature the latest trends in automotive, health and fitness, electronics, gadgets, fashion, sports and much more.

The event will be held Friday, Feb. 9, from 5-10 p.m. in the Neal S. Blaisdell Exhibition Hall on Ward Avenue.

The event will also feature an autograph signing by NFL Pro Bowl players, guest appearances by the Budweiser 2007 World Poker Tour players, video game contests, local entertainment and special attractions.

Cost is \$8 for adults, \$5 for children age 6-12 and seniors.

Visit www.thehawaiiibig-boysshow.com.



Christa B. Thomas | U.S. Army Garrison, Hawaii, Public Affairs

There’s the rub
Melissa Deadman, an American Institute of Massage Therapy student, shows a Mental Health Workshop attendee that there is no substitute for the relaxation of the human touch.
The Combat Aviation Brigade hosted the mini-workshop Monday at the Schofield Barracks Nehelani.
Event speakers covered topics which included secondary post traumatic stress disorder, compassionate fatigue, visual imagery and nurturing resiliency.

10 / Saturday
Pro Bowl Events — The annual NFL Pro Bowl game will be held at 1 p.m. in Aloha Stadium Feb 10. Active duty personnel will participate in pre-game and halftime ceremonial activities.
Events during Feb. 7-10 will include player visits to area military installations along with many other island-wide appearances.
For information on the Pro Bowl and all related activities, call 877-750-4400 or visit www.nfl.com/probowl/information.

19 / Monday
The GAR — The ever-popular Great Aloha Run will be held Feb. 19.
More than 20,000 participants are expected to participate in this

year’s 8.15-mile run/walk that starts on Nimitz Street at the Aloha Tower Marketplace in downtown Honolulu (with entertainment along the route) and ends in Aloha Stadium.
Call 528-7388 or visit www.greataloharun.com for event and registration information.

Ongoing
Hunter Education Courses — The Hawaii Department of Land & Natural Resources is

8 / Thursday
Pro Bowl Players at Tropics — Meet and greet the cheerleaders and mascots of the NFL, as well as a special guest. Join the fun Feb. 8, from 4-6 p.m. at Schofield Barracks Tropics and have a chance to win great prizes. Call 655-5697/0968.

Ongoing

BMX Track — The BMX track on Wheeler Army Air Field is now open on Thursdays from 5-7 p.m. and Saturdays from 4-7 p.m. Call 655-0883 or visit www.mwrarmyhawaii.com/cys/bmx_track.htm.

Brazilian Capoeira — Develop the mind, body and spirit to include physical fitness, self-defense and self-discipline through Brazilian Capoeira. Classes are held Tuesdays from 5:30-7 p.m. at the Fort Shafter Physical Fitness Center.
Call Mestre Kinha at 247-7890.

Leilehua Golf Course Driving Range — The golf driving range at the Leilehua Golf Course is open

weekdays until 9:30 p.m. Call 655-4653.

Water Aerobics — Come for a new and exciting workout at Richardson Pool. Classes will be held Monday, Wednesday, and Friday from 11:30 a.m.-12:30 p.m., and Tuesday and Thursday from 5 p.m.-6 p.m.

A \$2 fee is charged per class on a punch card is available for \$15. Water aerobics provide a safe and effective exercise alternative that improves fitness levels with little stress on the joints. Call 655-1128.

What’s Up Gymnastics — Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) Unlimited is partnering with What’s Up Gymnastics to offer a military discount program for all upcoming classes.

What’s Up Gymnastics provides several classes to choose from, including recreational and competitive classes, and offers the only indoor climbing wall on Oahu.

Classes are provided for all ages, even as early as age one. Discount cards can be picked up at the Child and Youth Services registration offices. Call 655-9818.

Fleet Feet — Faerber’s Flyers women’s running club invites women of all ages and skill levels to join them at the University of Hawaii track at Cooke Field.

The club meets Wednesdays from 5:15-7 p.m.

Cost is \$50 per year. Call 277-3609.

Golfers Wanted — Military or civilian golfers interested in playing golf on Sunday mornings at Leilehua Golf Course should call 347-8038 or 375-3322. Tee time is usually before 8 a.m.

offering Hunter Education classes. Subjects to be covered include wildlife identification and conservation, firearms and archery safety, survival, game care and more.

The free two-day classes are held each month, on a Saturday, from 5:45-10 p.m., and Sunday, 7:45 a.m.-4 p.m. Classes are family-friendly and open to anyone age 10 years and older.

For locations and schedules of upcoming classes, visit www.hawaii.gov/dlnr/dcre/courses.htm or call 587-0200.